NEW RECIPES *and* OTHERS selected *from* old ENGLISH *cookery* BOOKS

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THE best cook in the world can bake a ham to a turn—tender, juicy, wonderfully appetizing to the eye. But if it lacks a certain subtle flavor it falls just short of perfection! . . . . The finest salad, skillfully and beautifully prepared, leaves you cold and unresponsive if the dressing hasn't in it this same secret, tempting touch.

What is this tantalizing flavor? The difference between meats and salads that are *good* and those that are *delicious*?

The secret—no longer a secret to thousands of women—is the added tang of Colman's Mustard.

Its flavor is inimitable—no other mustard has it. For Colman's is made from rare mustard seed grown in the famous Lincolnshire fields in England. Only these Lincolnshire seeds can produce the subtle flavor which adds that zest to meats and salads!

The special qualities of the Lincolnshire mustard seed were first discovered by Jeremiah Colman in 1805. For generations the farmers of Lincolnshire have toiled unceasingly to produce this seed that you may enjoy its unusual flavor.

Today Colman's Mustard is known all over the world for its tantalizing flavor—used all over the world by the best cooks for many of their most delicious dishes!

Mustard as a Relish

MUSTARD must be freshly mixed with cold water to insure its true and full value. Prepared mustards fail to supply the essential oils which cold water liberates from fresh dry mustard.

Mix the mustard with cold water, in the proportion of 2 teaspoons of mustard to 2 teaspoons of water. Stir well into a smooth paste. Allow to stand 10 minutes before using. Mix only a small quantity at a time and mix it fresh every time you serve it. Do not mix with vinegar or hot water.

Salads and Salad Dressings

MAYONNAISE DRESSING—3 teaspoons Colman's Mustard; 1 teaspoon salt; 1 teaspoon powdered sugar; 2 egg yolks; 2 tablespoons lemon juice; 1½ to 2 cups salad oil:

Into the well-beaten egg yolks stir the dry ingredients, then the lemon juice. Add the oil gradually, beating the mixture constantly. Add a little more lemon juice if it becomes too thick to beat, then add the remainder of the oil.

FRENCH DRESSING—½ cup oil; 2 tablespoons vinegar; 1 teaspoon paprika; 1 teaspoon powdered sugar; ½ teaspoon Colman's Mustard; 2 teaspoons salt; dash cayenne:

Place all of the ingredients in a bottle or cruet, chill, shake vigorously just before serving. A little onion juice, garlic or Worcestershire sauce may be added if desired.

RUSSIAN DRESSING—1 cup mayonnaise or boiled dressing; 2 tablespoons thick chili sauce; 2 tablespoons tomato catsup; 2 tablespoons Worcestershire sauce:

Mix together thoroughly the other ingredients and to them add the mayonnaise. Serve this with lettuce, vegetable, or mild fruit salads.

BOILED DRESSING—½ cup cream; ½ cup milk; 4 tablespoons sugar; 2 tablespoons flour; 2 teaspoons Colman's Mustard; ¼ teaspoon salt; 2 egg yolks; ¼ cup vinegar; whipped cream if desired:

Heat the cream and to it add the dry ingredients stirred smooth with the milk. Cook over boiling water until thick, then add the beaten egg yolks and vinegar and cook for 3 minutes more. When using dilute with whipped cream if desired.

THOUSAND ISLAND DRESSING—1 cup mayonnaise or boiled dressing; ¼ cup thick chili sauce; ¼ cup catsup; 1 tablespoon green pepper; 3 tablespoons pimento pepper; 3 tablespoons chopped beets:

Stir together the other ingredients and to them add the mayonnaise. This is especially good on head lettuce salad.

CREAM DRESSING—1½ cups sour cream; 3 tablespoons flour; 4 tablespoons sugar; ½ teaspoon salt; 2 teaspoons Colman's Mustard; 2 tablespoons lemon juice:

Heat the cream, add to it the dry ingredients which have been blended together, cook over hot water stirring until thick, add the lemon juice, and remove from the fire. This is especially good for a fruit salad.

GOLDEN DRESSING—1 cup canned pineapple juice; yolk 2 eggs; ¼ cup sugar; 2 tablespoons flour; 2 teaspoons Colman's Mustard; 2 tablespoons lemon juice:

To the hot pineapple juice add the sugar and flour which have been mixed together. Cook over hot water until thick, then add the beaten egg yolks and lemon juice and cook 3 minutes more. When cool add 1 cup of whipped cream.

DEVILLED EGG SALAD—6 hard cooked eggs; 1½ teaspoons butter; 1 teaspoon cream; 2 tablespoons vinegar; scant teaspoon Colman's Mustard; pinch cayenne; ¾ teaspoon salt:

Split the eggs lengthwise, remove the yolks. To the yolks add the other ingredients and mix to form a paste. Refill the whites and serve on lettuce leaves with mayonnaise.

This may be varied by adding ½ cup minced ripe olives or 2 tablespoons tomato sauce and 1 tablespoon Worcestershire sauce.

ASPIC JELLY WITH EGG SALAD—3 cups stewed tomato, fresh or canned; 1 onion; 3 stalks celery; 1 bay leaf; 1 clove; ¼ green pepper pod; 1 tablespoon sugar; 1 teaspoon Colman's Mustard; 1 teaspoon salt; ½ box gelatin; ½ cup cold water:

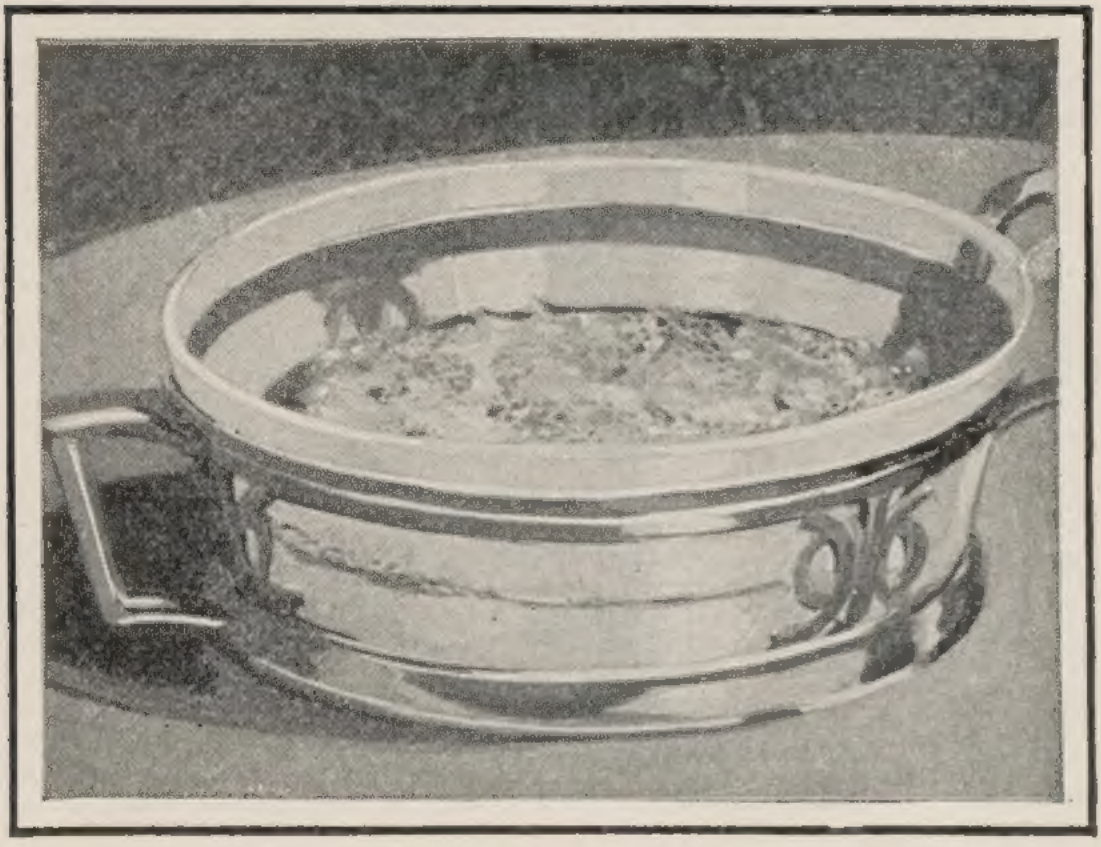
Cook tomato with the seasonings and strain over the gelatin which has been soaked in cold water. Place half of a boiled egg cut-side down in each of half a dozen moulds. Cover with jelly. Let cool and serve on lettuce leaves with mayonnaise.

FISH SALAD—1 lb. boiled fish; 2 tablespoons oil; 2 tablespoons vinegar; 1 teaspoon Colman's Mustard; ½ teaspoon salt; 1 cup chopped celery; lettuce; ¼ cup mayonnaise:

Flake the fish while hot, if possible; toss up with oil, vinegar, and seasonings and let cool, add celery and mayonnaise. Dip a large spoonful onto a leaf of curly lettuce and garnish with strips of pimento pepper and with mayonnaise if desired.

SPINACH SALAD—1 pint boiled spinach; 2 tablespoons oil; 1 tablespoon vinegar; ½ teaspoon Colman's Mustard; salt; pepper:

Add seasoning to oil and vinegar and mix with spinach. Pack lightly in six moulds to cool. Place a slice of cold ham on young lettuce leaves and on each slice turn a mould of spinach. Garnish with slices of cold boiled egg. Serve with French or mayonnaise dressing.



Meats and Entrées

BAKED HAM—1 12-lb. ham; 4 tablespoons Colman's Mustard; 1 cup vinegar; 1 cup water; 1 cup brown sugar; 4 dozen whole cloves; 6 red apples:

Boil the ham 2 hours, then remove the skin from two-thirds of the ham leaving one-third on the shank end. Place in a roaster with the fat side up and bake slowly 1 hour, basting frequently with the mixture of water, vinegar and mustard. Then remove from the oven, rub over with brown sugar and dot over with the cloves. Place around it the apples halved and cored, and bake for about 2 more hours in a moderate oven. Serve garnished with the baked apple and parsley.

SAVORY BAKED HAM—1 slice ham (1 inch thick or more); 2 tablespoons Colman's Mustard; 2 tablespoons water; about 1 cup milk:

Make a paste of the mustard and water and rub it on both sides of the ham. Place ham in a baking dish slightly larger, add milk almost to cover and bake in a moderate oven until milk is absorbed and the top of the ham is nicely browned. This requires about 45 minutes.

HAM PIQUANT—1 lb. thinly sliced cooked ham; 1 tablespoon Colman's Mustard; ¼ teaspoon black pepper; dash of cayenne; ¾ cup grated Parmesan or American cheese:

Mix the mustard and seasonings with enough milk to form a thick paste. Spread this on the slices of ham and sprinkle each slice with cheese. Stack the ham in the shape of a brick and tie with a string. Bake for 30 minutes in a moderate oven basting occasionally with the ham fat as it runs out into the pan. When cold remove the string and cut in slices downward through the layers.

OYSTERS STEWED (*Old Maryland Recipe*)—1 pint oysters; ¼ cup butter; 1 tablespoon flour; 1 teaspoon Colman's Mustard; 1 cup oyster liquor (boiled and strained); 1 cup hot water; 1 cup hot milk; 1 teaspoon salt:

Allow the liquor to heat and to it add the butter, flour, and seasonings which have been rubbed together. Cook for 5 minutes stirring constantly. Add the oysters and cook for a few minutes until oysters are done. Do not cook until oysters toughen. Serve immediately.

SMOTHERED BEEF—3 lbs. beef suitable for pot roast; 2 tablespoons flour mixed with 1 teaspoon salt and a few grains pepper; 3 large onions sliced; 3 tablespoons oil or drippings; 1 tablespoon Colman's Mustard; 1 teaspoon celery seed; 1 cup strained tomatoes; 2 teaspoons salt; 1 tablespoon Worcestershire sauce:

Dredge the meat with the flour and brown it in a heavy iron pan. Fry the onions in the oil and add the other ingredients. Pour this sauce over the meat and simmer 3 hours or more.

Cold roast meat, fowl or chicken giblets may be very attractively prepared in a similar manner.

DEVILLED TOMATOES—3 large tomatoes; 2 tablespoons butter; 1 egg yolk; 1 teaspoon Colman's Mustard; 1 tablespoon vinegar; ¼ teaspoon salt; few grains pepper:

Cut the tomatoes in hal and over the cut surface of each half spread the butter mixed to a paste with the other ingredients. Bake half an hour in a moderate oven.

Picturesque scene in Norwich, England

DEVILLED CRABS—12 hard shelled crabs or 2 cups crab meat; 1 teaspoon Colman's Mustard; 1 teaspoon salt; 3 tablespoons butter; 1 cup milk or cream;

2 tablespoons flour; 1½ cups soft bread crumbs; ½ tablespoon chopped parsley; ½ tablespoon lemon juice:

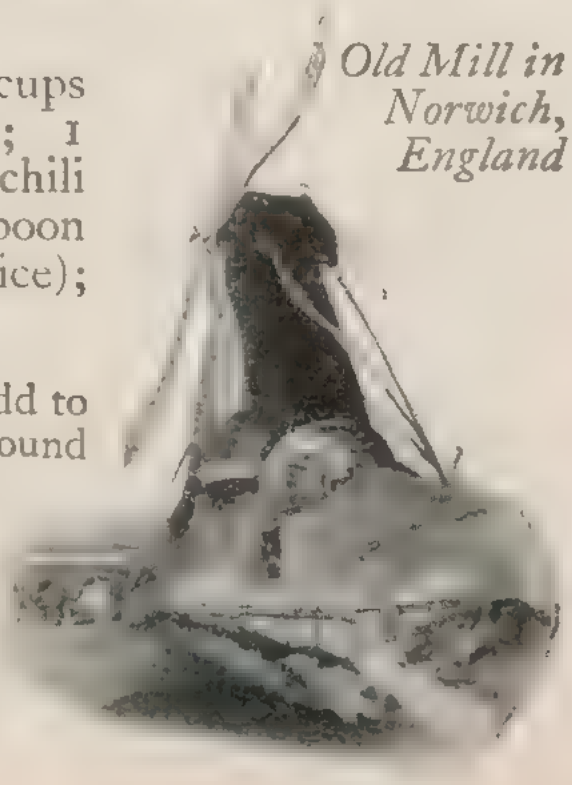
Prepare the crabs. Wash the upper shells thoroughly. To two tablespoons of melted butter, flour and mustard add gradually the hot milk or cream stirring constantly. Cook 5 minutes over hot water, remove from the fire and add the crab meat and seasonings. Mix well and put the mixture into six crab shells. Sprinkle with the crumbs and place the remainder of the butter cut in small pieces on the crumbs. Cook in a moderately hot oven until the crumbs are brown.

BAKED EGGS AU GRATIN—6 hard cooked eggs; 2 cups milk; 3 tablespoons butter; 3 tablespoons flour; 1 teaspoon Colman's Mustard; ½ teaspoon salt; 1/16 teaspoon pepper; ½ cup grated cheese; 1 cup buttered bread crumbs:

Make a white sauce of the milk, butter, flour and seasonings. Cut eggs in half and place on shallow baking dish and cover with sauce. Sprinkle with cheese and buttered crumbs. Bake in a moderate oven until the crumbs brown.

DEVILLED SCALLOPS—3 cups scallops—parboiled 5 minutes; 1 tablespoon tomato catsup or chili sauce; ½ teaspoon salt; 1 teaspoon Colman's Mustard; ½ lemon (juice); few grains pepper:

Mix the seasonings together and add to scallops, chopped fine. Serve on round pieces of toast.



Old Mill in Norwich, England

Sauces

CLUB SAUCE—1 tablespoon flour; 1 tablespoon butter; 1 cup milk; ¼ teaspoon salt; ⅛ teaspoon pepper; ½ teaspoon Colman's Mustard; ½ teaspoon Worcestershire (if desired); ⅓ lb. American cheese:

Heat milk in the double boiler, cream butter and nour into a soft ball. Drop into the hot liquid and stir until the mixture thickens. Then add seasonings and cheese and beat until the cheese is melted. This may be used with au gratin dishes like macaroni, rice and potatoes and can also be served on rice, poached eggs, fish, croquettes, vegetables, etc.

ENGLISH MUSTARD SAUCE—1 pint milk; 4 tablespoons flour; ½ tablespoon Colman's Mustard; ½ teaspoon salt; 4 tablespoons butter:

Heat the milk over hot water, cream together the other ingredients, drop them into the hot milk and stir constantly until thick. Serve with eggs, fish, ham or wherever a piquant sauce is desired.

Onions, olives, capers, mushrooms, peppers or hard cooked eggs make pleasing changes in this sauce.

HOLLANDAISE SAUCE—1½ cup butter; yolks 3 eggs; 1 tablespoon lemon juice; ½ teaspoon salt; 1 teaspoon Colman's Mustard; few grains pepper; ½ cup boiling water:

Beat the butter to a cream, add the yolks of the eggs one at a time and beat well, then add the lemon juice, salt and pepper. About 5 minutes before serving add the boiling water

a little at a time stirring well. Place the bowl in a sauce pan of boiling water, and stir rapidly until the sauce thickens like boiled custard.

Minced parsley, onion juice or grated onion may be added. The juice and grated rind of orange added makes a pleasant addition for use with asparagus.

SAVORY BUTTER SAUCE—½ cup butter; 1 tablespoon Colman's Mustard; 1 tablespoon lemon juice or vinegar; ½ teaspoon salt:

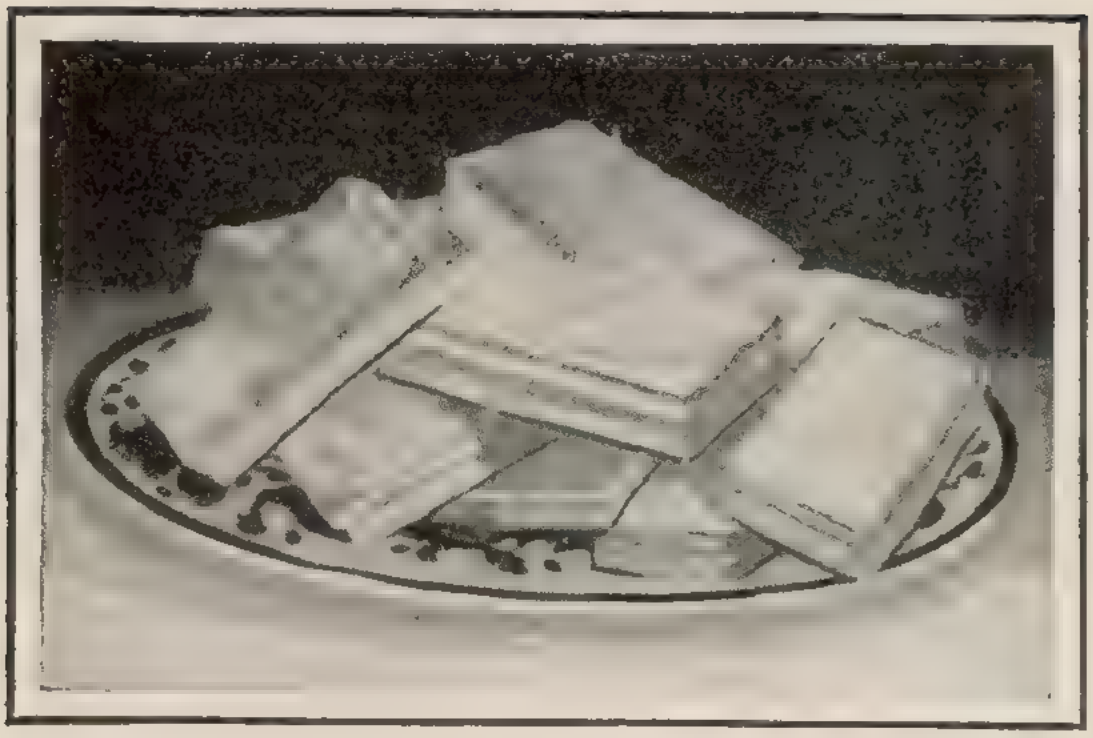
Cream the butter and add the mustard and lemon juice beating the mixture until it is well blended. This may be used for spreading sandwiches or for use on fish or vegetables. A few drops of onion juice may be added if desired.

Suggestions for use—This may be spread on crackers, covered with minced chicken, meat, tongue or ham, and garnished with pickles, olives or capers.

Brown bread may be spread with savory butter, with minced ham mixed with tart jelly, such as currant, and garnished with olives.

SAUCE ROBERT—1 tablespoon chopped onions; 2 tablespoons butter; 1 tablespoon flour; 1 cup stock; 1 tablespoon mushroom catsup or 1 tablespoon stoned olives; ¼ teaspoon salt; 2 teaspoons Colman's Mustard; 1 tablespoon lemon juice; pinch pepper:

Slice the onions and brown them in butter until they are nicely browned. Then stir in the flour, add the stock and allow to boil a few minutes. Add the other ingredients and serve with either hot or cold meat. This is especially good with pork.



Sandwiches and Savories

HOT CHEESE DREAMS—½ lb. American cheese or 1½ cups grated; 1 tablespoon melted butter; ½ cup milk; ½ teaspoon Colman's Mustard; ¼ teaspoon paprika; 1 teaspoon salt; 1 egg:

Mix all the ingredients together into a smooth paste. Spread between slices of bread. Fry the sandwich in butter in a frying pan until nicely browned on both sides. This filling may be prepared and kept indefinitely. A slice of bacon may be used as a garnish.

TOASTED CHEESE SANDWICH—Prepare a filling as for hot cheese dreams, but toast sandwich on both sides.

DEVILLED CHEESE CRACKERS—1½ cups diced moist American cheese; 1 teaspoon Colman's Mustard; 2 teaspoons Worcestershire sauce; 2 tablespoons butter; 1 tablespoon vinegar; ¼ teaspoon salt; ⅛ teaspoon cayenne:

Beat the cheese with the seasonings and flavorings until light and creamy. Spread on toasted crackers and serve with salads. This will spread about fifty crackers.

TOMATO CHEESE TOAST—1 tablespoon chopped onion; ½ green pepper chopped; 1 cup canned tomato; 1 teaspoon Colman's Mustard; ½ teaspoon salt; ¼ teaspoon pepper; 1 tablespoon flour; 3 tablespoons butter; 4 slices of bread; 4 slices of cheese the size of the bread and ¼ inch thick:

Brown the onion and green pepper in 2 tablespoons of fat, add the tomato and stew until the green pepper is tender. Add seasoning and drop in flour and 1 tablespoon of butter which have been creamed together; boil until it thickens.

Toast one side of a slice of bread, place the slice of cheese on the other side and toast until the cheese and bread are a golden brown. Pour sauce over toast and serve very hot.

WELSH RAREBIT—1 tablespoon butter; 1 tablespoon flour; 1 cup milk; ½ teaspoon salt; few grains pepper; ½ teaspoon Colman's Mustard; ¼ to 1 lb. cheese; 6 slices buttered toast:

Heat the milk over hot water. Blend together the butter, flour and seasonings, drop them into the hot milk and cook,

stirring constantly until thick. Add the cheese. Beat until melted and serve very hot on toast.

ENGLISH CHEESE SAVORY HOT—1 teaspoon Colman's Mustard; 2 tablespoons vinegar; 2 teaspoons essence of anchovy; 1 tablespoon butter; 4 oz. grated cheese:

Stir together the vinegar, butter and seasonings and heat to nearly boiling. Add cheese, stir, and the moment it is melted pour the mixture over very hot toast and serve directly. If the cheese is not added at the very last and served directly as it is melted, the dish will be absolutely spoiled.

MOCK PATE DE FOIE GRAS—1 calf's liver (20 ounces); ¼ teaspoon black or white pepper; few grains cayenne; ¼ teaspoon ground nutmeg; 1½ teaspoon Colman's Mustard; ¾ teaspoon salt; 3 tablespoons water in which a minced onion has been boiled; ¼ cup liquor from boiling calf's liver:

Cook a calf's liver in salted water until very tender; grind in a meat cutter. Moisten with 2 tablespoons melted butter. Work into a paste with the butter and seasonings. Pack in jars that have been buttered, cover with melted butter and set aside to be used for sandwich filling or to serve on biscuit or crackers for afternoon tea.

PEANUT BUTTER SANDWICH—½ cup peanut butter; ½ cup chopped pickle; 1 teaspoon Colman's Mustard; 3 tablespoons hot water; ¼ teaspoon salt:

Beat all ingredients together until light. Spread between slices of either white or whole wheat bread.

Pickles and Relishes

MUSTARD PICKLE—1 pint small cucumbers; 1 pint large cucumbers; 1 pint pickling onions; 1 cup string beans cut diagonally in 1 inch pieces; 1 pint cauliflower cut in small pieces; 3 red peppers chopped; 3 green peppers chopped; 1 cup small carrots or sliced carrots; 1 pint small green tomatoes cut in halves or quarters:

Soak all vegetables in brine (1 cup of salt to 1 gallon water) over night. Drain them and soak them in clear water for three hours. Mix a sufficient amount of vinegar and water in equal quantities to cover the vegetables. Allow them to stand in this vinegar for one hour and then scald them in this liquid. Make a dressing of the following ingredients:

1¼ cup white sugar; 4 tablespoons flour; 4 tablespoons Colman's Mustard; 1 teaspoon turmeric; 1 teaspoon celery salt; 3 pints vinegar:

Mix all the dry ingredients and add the hot vinegar slowly stirring it to make a smooth paste. Cook the mixture over a pan of hot water until the sauce thickens.

Drain the vegetables thoroughly. Pour the mustard dressing over them while they are hot, and simmer them for 5 minutes. Pack the pickles into hot, clean jars and seal.

MUSTARD OIL PICKLE—100 small cucumbers; 1 quart small onions; 1 pint olive oil; 1 ounce celery seed; 2 quarts vinegar; ¼ lb. Colman's Mustard; ¼ lb. mustard seed; 1 tablespoon black pepper:

Cut the cucumbers and onions in slices. Put in an enamel

dish in layers with salt between. Put a heavy weight above, and let stand over night. Drain off liquor. Mix seasonings in oil, then gradually stir in the vinegar—pour all over the pickles. Mix well and store in sterilized jars and seal as in canning.

GREEN TOMATO PICKLE—5 lbs. small green tomatoes or large tomatoes sliced mediumly thick; 3 lbs. white sugar; 1 quart vinegar; 1 tablespoon stick cinnamon; 3 teaspoons whole cloves; 1 teaspoon allspice (whole); 1½ tablespoons Colman's Mustard:

The green plum, pear, or peach tomatoes are good for this pickle, but the large green ones may be sliced and used. Wash the tomatoes but do not peel them. If small tomatoes are used, cut them slightly. Combine the sugar, vinegar and spices. Bring the mixture to the boiling point and pour it over the tomatoes. Let them stand over night. Drain off the liquid and cook it until it coats the spoon. Add the tomatoes and cook them until they are clear. Seal them in sterilized jars.

PICCALILLI—2 quarts red tomatoes; ½ peck green tomatoes; 1 head cabbage; 15 white onions; 10 large green cucumbers; salt; 3 quarts cider vinegar; 4 lbs. brown sugar; ⅛ cup turmeric; ¼ cup black pepper seed; 1 ounce celery seed; ¼ lb. mustard seed; 1 cup olive oil; 1 quart vinegar; ½ lb. Colman's Mustard:

Chop the vegetables and place in layers in a porcelain dish; a layer of salt between the layers of vegetables. Let stand over night, then drain, discarding the liquid. Drain well. Heat the vinegar, sugar, seeds and turmeric together and pour over the vegetables. Let stand 48 hours. Drain off liquor,

add mustard mixed with olive oil and 1 quart vinegar, and pour over the vegetables. Pack in sterilized jars.

DIXIE RELISH—1 quart chopped cabbage; 1 pint chopped onion; 1 pint chopped sweet red pepper; 1 pint chopped sweet green pepper; 1 quart cider vinegar; 4 tablespoons salt; 4 tablespoons Colman's Mustard; 1 tablespoon crushed celery seed; ¾ cup sugar:

Soak the pepper in brine (1 cup salt to 1 gallon water) for 24 hours. Freshen in clear cold water for 1 hour. Drain well, remove seeds and coarse white sections. Chop separately and measure the cabbage, peppers and onions before mixing. Add spice, sugar and vinegar. Let stand over night in a covered enamel pan. Pack in sterilized jars pressing the relish down well and getting bubbles out. Process for 15 minutes in water bath 181 degrees Fahrenheit.

APPLE CHUTNEY—4 lbs. sour apples; 2 lbs. white onions; 2 quarts cider vinegar; 2 lbs. seedless raisins; 1 lb. celery; 4 large red peppers; 1½ lb. sugar; 2 tablespoons Colman's Mustard; 2 teaspoons salt; 1 teaspoon turmeric (optional):

Soak the onions in brine (1 tablespoon salt to 1 quart water) over night. Drain them and put them through the food chopper. Pare the apples and put them through the food chopper. Pour 1 pint vinegar over the apples and raisins and let them stand over night. Add the onions and other ingredients, and cook the mixture until the vegetables are clear and tender. Seal it in sterilized bottles or jars.

CHILI SAUCE—24 medium-sized ripe tomatoes; 2 green peppers; 2 red peppers; 8 onions, 1 quart vinegar; 8 tablespoons sugar (quantity might be increased); 4 teaspoons salt; 1 tablespoon ground allspice; 4 teaspoons whole allspice; 1 large stick cinnamon; 1¼ teaspoons Colman's Mustard (quantity might be increased):

Blanch and slice the tomatoes, chop the onion and pepper. Combine the ingredients and cook the mixture until it is thick. Seal it in sterilized bottles or jars.

CHOW CHOW—1 large cauliflower; 18 small cucumbers; 1 pint onions (small); 6 green peppers; 2 red peppers; 1 quart vinegar; 2 tablespoons Colman's Mustard; 1 tablespoon turmeric; 1 cup salt:

Peel onions; cook 10 minutes in boiling water. Drain. Separate cauliflower into flowerets, and soak in salted water ½ hour. Put the onions in one bowl, the cauliflower, cucumbers and peppers in another. Add the salt to 3 quarts water and boil 10 minutes. Skim and pour over the vegetables in the two bowls and let stand over night. Pour off brine and put vegetables together in a preserving kettle. Mix mustard and turmeric with ½ cup water and pour over the vegetables. Add the vinegar and heat to the boiling point. Simmer one hour, then seal in sterilized jars.

A Remedy that has been good for three Generations

HOW TO MAKE A MUSTARD PLASTER—

To make a strong mustard poultice, mix two and one-half ounces of Colman's Double Superfine Mustard into a smooth paste with cold water; mix eight ounces of powdered linseed with one pint of boiling water. Stir well into mustard, and spread mixture on thick brown paper. Cover with muslin and apply to affected part. Cover with layer of cotton batting and strap poultice securely with adhesive tape.

* * *

This may be kept on from five minutes in the case of a child to thirty minutes in the case of an adult. Be careful to remove the poultice before blistering occurs.

HOT MUSTARD BATHS—

Four large tablespoonfuls Colman's Double Superfine Mustard, mixed to a smooth paste in cold water, then poured into a hot bath, brings relaxation to tired muscles, soothes, and induces sound sleep.

This is excellent either as a tub or foot bath, in case of extreme cold or exposure.